

THE VALUE OF OKRA

AN IMPORTANT FOOD PLANT THAT IS MUCH NEGLECTED.

Its Nutritive Properties Are Very High and It Is Particularly Beneficial in Cases of Chronic Indigestion—Some Simple Recipes.

Okra is a very important and useful plant, with numerous uses, the most important being for the table. The green pods without doubt make the finest soup vegetable supplied by the garden. Cooked whole they also furnish a palatable side dish. The nutrient properties of okra are very high, and it has the additional advantage of being an exceedingly wholesome article of food. It is erroneously called gumbo in many cook books and even in some encyclopedias. The name of the plant and its fruit is okra. Gumbo is a general term for various kinds of soup made of it. Okra, in fact, is an excellent food much neglected.

A very important consideration from the alimentary point of view is the unusually high percentage of digestible matter. That fact had been established by common experience long before any analysis of the pod had been thought of, for wherever the vegetable is in use it is well known that the soup is highly beneficial to persons with weak stomachs. Often it will be retained when nothing else can be taken, and it has in many cases restored tone to apparently exhausted and seemingly hopelessly disordered. It is a particularly beneficial food in cases of dysentery and chronic indigestion.

The dried seeds, parched and ground, are said to make an acceptable substitute for coffee. A substitute for arrowroot can be made from the roots. The leaves, green or dry, are used, decocted, for their demulcent properties. The inner bark, soft and white, contains a strong fiber resembling flax. The outer bark is also fibrous and, together with the woody part of the plant, furnishes excellent paper stock. As okra is easily raised, it can be cultivated with profit.

For table use the pods must be cut while tender, generally when about three inches long. They grow rapidly and soon become woody. The plant is very prolific, and it will continue to bear until touched by frost. A small patch will more than meet the requirements of an ordinary family, and the surplus may be preserved for winter use by two convenient methods. The easier is by drying. Slice the pod, crossways, into sections a quarter of an inch thick, spread thin on large dishes or trays and expose to the sun from day to day until thoroughly dried. Put in jars or close cans and keep free from moisture. The other method of preservation is by canning, which will be explained later on. The plant is foliaceous and ornamental enough for the flower garden. The leaves are large and palmately lobed, and the blossoms, which in form resemble those of the hollyhock, are at first of brilliant gold, with a purple disk. After the first day the gold also takes a purplish hue.

Here are some of the best recipes for cooking okra: Okra soup—Take a piece of beef or a marrow bone, put off in cold water and boil until cooked. Slice one quart of okra pods crossways into thin sections and add, with enough strained ripe tomatoes to give the soup a rich color. Continue to boil until the okra is thoroughly cooked, which will take about fifteen minutes. A green pepper, from which the seeds have been removed, sliced and added, will improve the flavor. The various

gumbos, chicken, fish or crab, are made in the same manner.

An excellent soup can be made without meat by boiling the okra, sliced as above, and adding when cooked a good sized piece of butter. Other vegetables, such as carrots, onions and celery, may also be used, but lovers of okra prefer it straight. Soup made as above will keep in a cool place for several days and improve with age.

A savory dish for lunch or dinner is made in the following manner: Butter a pudding dish, put in a layer of cooked or half cooked rice, a layer of sliced okra, a layer of ripe sliced tomatoes, butter, pepper, salt and a little sugar if the acid of the tomatoes be objectionable; repeat the layers until the dish is filled; grate breadcrumbs on top, with pieces of butter; pour in as much boiling water as the dish will hold; bake long enough to cook; serve hot.

Okra also makes a palatable vegetable dish, but in this form it is not always acceptable on first acquaintance. Its substance is viscous, and for that reason probably does not at once captivate the taste. Put the pods, whole, into boiling water, with salt; boil about fifteen minutes or until cooked; pour off the water, place in a hot dish, add pepper and plenty of good butter; serve hot. Cooked in this way, treated with good vinegar and served cold, it makes a good salad.

Any housewife can do her own canning of okra. Slice and boil the okra until two-thirds cooked; put in a hot jar, fill full, seal tight and place in a dark closet; if desired, add strained tomatoes and boil until the okra is thoroughly cooked, but be careful in either case to omit salt; put up in jars as above. By following this method okra soup may be had throughout the winter.

In the south the taste for okra is universal, possibly an inheritance. Elsewhere it may, like that for the olive, have to be cultivated. But the taste does not require much cultivation, and, once acquired, it is a permanent possession.—New York Herald.

To the honest mind the best perquisites of a place are the advantages it gives for doing good.—Addison.

Why He Was Well Shaken.

Nursing of the sick in rural Scotland is primitive. The Dundee Advertiser relates that a physician left for a patient a bottle of physic whereon were the words "Before taken to be well shaken." On paying his next call the doctor found that the poor fellow had been taken in hand by a stalwart son and at intervals vigorously shaken from head to foot before the next "teaspoonful" were administered. "Don't see, sir," explained the young fellow on being remonstrated with, "if father kept 'fro' sleepin' hisself away an' go on drinkin' physic he can't never die."

NOTICE FOR PUBLICATION.

Land Office at Gainesville, Fla., Nov. 4, 1905.

NOTICE is hereby given that the following named settler has filed notice of his intention to cause final proof in support of his claim, and that said final proof will be made before Clerk of Circuit Court at Madison, Fla., on Dec. 11, 1905, viz: William W. McCullough, of Lee, Fla., 10d, No. 3176, for the S.E. 1/4, Sec. 22, T. 1 N., R. 11 E.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: G. C. Johnson, B. C. Webb, W. T. Sullivan and A. L. Wheeler, all of Lee, Fla.

W. G. ROBINSON, Register.

EXECUTORS NOTICE.

The creditors, legatees and distributees, and all persons having claims or demands against the estate of Albert J. Doherty, deceased, late of Madison County, Florida, are hereby called upon to present them within two years from the date hereof, to wit: Oct. 24, 1905.

W. P. THOMPSON, Executor.

VALDOSTA SOUTHERN RAILWAY.

SCHEDULE NO. 9.

Taking Effect Sunday, January 1, 1905.

READ DOWN.			READ UP.		
No. 5.	No. 3.	No. 1.	No. 2.	No. 4.	No. 6.
PASS	PASS	PASS	PASS	PASS	PASS
Sn'd'y	Daily	Daily	Daily	Daily	Sn'd'y
Only.	Except	Except	Except	Except	Only
Sn'd'y	Sn'd'y	Sn'd'y	Sn'd'y	Sn'd'y	Sn'd'y
P. M.	P. M.	A. M.	A. M.	P. M.	A. M.
4 40	4 40	9 20	8 30	3 30	8 40
5 10	5 10	9 45	7 50	2 50	8 05
5 20	5 20	9 55	7 45	2 45	8 00
5 30	5 30	10 20	7 35	2 35	7 50
5 50	5 50	10 45	7 10	2 10	7 30
6 00	6 00	10 55	7 00	2 00	7 20
6 20	6 20	11 15	6 40	1 40	7 00
P. M.	P. M.	A. M.	A. M.	P. M.	A. M.

No. 1 connects at Valdosta, with Atlantic Coast Line from all points East and West of Valdosta, and from all points North on G. S. & F. Ry. At Madison with Seaboard Air Line for Tallahassee, Pensacola and New Orleans.

No. 3 connects at Valdosta, with Atlantic Coast Line from all points West of Valdosta, and G. S. & F. from Macon, Atlanta and points North. At Madison with Seaboard Air Line for Live Oak, Lake City and Tallahassee.

No. 2 connects at Madison, with Seaboard Air Line from Tallahassee At Valdosta with Atlantic Coast Line for all points East and West of Valdosta, and G. S. & F. from Macon, Atlanta and points North.

No. 4 connects at Madison with Seaboard Air Line from Lake City and Live Oak. At Valdosta with G. S. & F. for Jacksonville, Lake City and Palatka, and with Atlantic Coast Line for all points East of Valdosta.

J. M. WILKINSON, President.
G. C. DOUGHERTY, G. P. A.

LEGAL ADVERTISEMENTS.

NOTICE OF INCORPORATION.

NOTICE is hereby given that the undersigned incorporators will, after four weeks' publication of this notice, apply to the Governor of the State of Florida for the issuance of Letters Patent incorporating THE VALLEY PINE COMPANY into a body corporate with a Charter as hereinafter set forth.

CHAS. A. BROWN,
JAS. E. HARDEE,
A. E. FRALEIGH,
T. C. SMITH,
L. A. FRALEIGH,
W. P. KNIGHT,
THOS. E. HARDEE.

ARTICLES OF INCORPORATION OF THE VALLEY PINE COMPANY.

We, the undersigned incorporators, do hereby associate ourselves together for the purpose of forming a corporation in pursuance of the laws of the State of Florida, and do hereby make, subscribe to and adopt the following articles of incorporation as a charter for said corporation.

SECTION I.—The name of this corporation shall be THE VALLEY PINE COMPANY, and its principal office and place of business shall be at Madison, Madison county, Florida, with such branch places of business in the State of Florida, or other States of the United States, as may be decided upon by the Board of Directors hereinafter named.

SECTION II.—The general nature of the business to be transacted by this corporation shall be that of turpentine, saw-milling and merchandising for profit; dealing in, buying, selling, leasing and releasing lands, timber, pine trees, and all other varieties and kinds of trees; operating, boxing, chipping, working, dipping, scraping and using pine trees and pine timber for the purpose of making and manufacturing spirit of turpentine and resin for profit; buying, selling and handling of spirits of turpentine for profit, whether as owners or brokers or on commission; erecting saw mills, sawing and manufacturing all kinds of plane stock, rough lumber, and particularly yellow pine lumber both for private purposes and for the public; buying and selling lumber for profit, whether as owners or on commission or as brokers; manufacturing and making and selling for profit of cross ties, shingles, barrels, staves, heading, lathing, sashes, blinds, doors, and a general line of novelty wood work; marketing and selling of wood; the buying and selling for profit, at wholesale and retail, all kinds of goods, wares and merchandise, more particularly dry goods, shoes, hats, clothing, etc., groceries, hardware, queensware, buggies, wagons, harness, all kinds of farming implements, horses, mules and live stock of all description, which said above description shall embrace all kinds of merchandise, real and personal, and this corporation shall have the power to deal in, manufacture and sell the same for profit. This corporation shall have the right to conduct a general brokerage business, to deal in stocks and bonds and to own stock in other corporations. This corporation shall have the right to acquire and hold real estate, lease, rent, improve, mortgage and encumber the same. This corporation shall have the right to do, make or manufacture any and all things, or engage in any and all business or lines of business that may be incident to, connected with, or necessary to the carrying out of the objects, intents and purposes aforementioned, and at such times as may be expedient.

It shall have, use and enjoy all of the rights, powers and privileges granted to corporations of this character by the general incorporation laws of the State of Florida.

SECTION III.—The capital stock of this corporation shall be Seventy-five Thousand Dollars, divided into seven hundred and fifty shares of the par value of One Hundred Dollars a share, which shall be paid for in money or in lieu of such payment in money, the same or any portion may be paid for in property of any kind, the just valuation to be fixed by the Board of Directors, and twenty-five per cent of the said capital stock shall be subscribed and paid for in cash, or commodities and property equivalent to cash, upon the organization of this corporation, and the balance of said capital stock shall be paid when and in such manner and amounts as the Board of Directors shall direct, and said corporation shall at any time have the right to increase said capital stock under the laws of the State of Florida to not exceed One Hundred and fifty Thousand Dollars.

SECTION IV.—The term for which this corporation shall exist shall be one hundred years, unless sooner dissolved according to law.

SECTION V.—The highest amount of indebtedness to which this corporation shall be subject shall be One Hundred and Fifty Thousand Dollars, in such manner and form as may be provided by the By-Laws to be adopted.

SECTION VI.—The business affairs of this corporation shall be conducted by a President, two Vice Presidents and Secretary and Treasurer, which last two positions may be held by one and the same person; and the Board of Directors shall consist of not less than three or more than nine stockholders. The directors shall be elected by the stockholders at the annual meeting in each year, or as soon as practicable, and the directors and officers of said corporation shall hold office until their successors are duly qualified; and until the first annual meeting of the stockholders of the said corporation, the following named persons shall be the officers of, and conduct the affairs of the said corporation, viz: Chas. H. Brown, President; J. E. Hardee, 1st Vice President; A. E. Fraleigh, 2nd Vice President; Secretary, T. C. Smith, Treasurer, L. A. Fraleigh, and Chas. H. Brown, J. E. Hardee, A. E. Fraleigh, T. C. Smith, L. A. Fraleigh, W. P. Knight and Thos. E. Hardee, shall compose the Board of Directors. The Board of Directors shall have the power at any time before their first annual meeting to adopt by-laws for the regulation of the business of said corporation.

SECTION VII.—The first annual meeting of the stockholders of this corporation, for the purpose of electing a Board of Directors and the transacting of such other business as should properly come before the stockholders thereof, shall be held in the town of Madison at the office of said corporation on the 4th day of December, A. D. 1905, and on the second Monday in November at 7 o'clock, p. m., in each and every year thereafter or as soon thereafter as practicable.

SECTION VIII.—The names and places of residence of the incorporators, who have hereto subscribed their names, together with the amount of capital stock subscribed by each, are as follows:

J. E. Hardee of Madison, Florida, 125 Shares.
C. H. Brown of Live Oak, Florida, 125 Shares.
L. A. Fraleigh of Madison, Florida, 125 Shares.
T. C. Smith of Madison, Florida, 125 Shares.
A. E. Fraleigh of Madison, Florida, 125 Shares.
W. P. Knight of Madison, Florida, 63 Shares.
T. E. Hardee of Madison, Florida, 62 Shares.

CHAS. H. BROWN,
JAS. E. HARDEE,
A. E. FRALEIGH,
T. C. SMITH,
L. A. FRALEIGH,
W. P. KNIGHT,
THOS. E. HARDEE.

State of Florida. Before me on this day County of Madison, I personally appeared the above named J. E. Hardee, C. H. Brown, L. A. Fraleigh, T. C. Smith, A. E. Fraleigh, W. P. Knight and T. E. Hardee, to me well known to be the persons described in and who executed the foregoing articles of incorporation, and each severally acknowledged and signed the same for the purpose therein set forth.

Witness my hand and official seal this 24th day of October, A. D. 1905.

(Seal) R. H. ROWE,
Notary Public State of Florida at Large. My Commission expires March 9th, 1907.

NOTICE OF ADOPTION.

Notice is hereby given that thirty days after date hereof I will apply to the Hon. B. H. Palmer, Judge of the Third Judicial Circuit Court of Madison County, Florida, to adopt J. E. Baker, a minor child, residing in this county and State, and to change the name of said minor to Wilbur Rhedick Palmer.

B. A. PALMER.

C. B. ASALEY, Solicitor. Oct. 19, 1905.

ADMINISTRATOR'S NOTICE.

All persons having claims against the estate of Angus P. Peterson, late of Madison county, Florida; deceased, will present them to the undersigned duly authenticated, within the next two years, or this notice will be plead in bar against their recovery. And all persons indebted to said estate are hereby notified to make immediate payment.

R. J. PATERSON,
Administrator with the Will annexed, Estate of Angus Peterson, deceased.

ct. 6 1905.

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